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(71) Applicant (for all designated States except US): **UCL BIOMEDICA PLC [GB/GB]; Brook House, 2-16 Torrington Place, London, Greater London WC1E 7HN (GB).**

(72) Inventors; and

(75) Inventors/Applicants (for US only): **PHILLIPS, James [GB/GB]; University College London, Tissue Repair & Engineering Centre, First Floor, Charles Bell House, 67-73 Riding House Street, London Greater London W1W 7EJ (GB). BROWN, Robert [GB/GB]; University College London, Institute of Orthopaedics and Musculoskeletal Science, Royal National Orthopaedic Hospital Campus, Brockley Hill, Stanmore, Middlesex HA7 4LP (GB).**

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(54) Title: SELF-ALIGNING TISSUE GROWTH GUIDE

(57) Abstract: The present invention relates to artificial tissue growth guides comprising a core and an outer sleeve, which facilitates the regeneration of damaged tissues, such as nerves. The core is fixed to the sleeve at two attachment sites so that cells seeded within the core produce mechanical tension between the attachment sites. This tension aligns the cells and the fibres of the core and provides an improved substrate for tissue regeneration. Growth guides may be surgically implanted into an individual.